

Let's Go!

School Nutrition Culinary Training

Recipes

Buffalo Cauliflower Bites	One portion provides: ½ cup vegetable
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Ingredients	50 Servings	10 Servings	Test Portion
Cauliflower, fresh (1 medium head is about 6 cups)	11 pounds, 4 ounces	2 ¼ pounds	<ol style="list-style-type: none"> 1. Preheat the oven to 400 F. 2. Prepare the cauliflower into florets. 3. Whisk the butter, hot sauce and lemon juice. 4. Toss the cauliflower in the hot sauce mixture until well coated. 5. Spread the cauliflower onto a sheet tray and roast until beginning to brown and tender, about 20 minutes.
Butter, melted	½ cup	2 tablespoons	
Hot sauce (such as Frank's)	2 cup	½ cup	
Lemon juice	¼ cup	1 tablespoon	

Source: Culinary Skills for A+ School Meals

Roasted Chili and Lime Corn

One portion provides: ½ cup starchy vegetable

Ingredients	50 Servings	10 Servings	Directions
Corn, frozen	9.25 pounds	2 pounds	<ol style="list-style-type: none">1. Thaw corn overnight in refrigerator. CCP: hold cold, below 41 degrees.2. Combine lime juice, zest, chili powder, oil and salt and pepper in a bowl. Rub corn with seasoning mix.3. Roast Corn in 400 degree oven for 20 minutes.4. CCP: Hold warm, above 135 degrees until service.5. Serve immediately.6. Finish with queso fresco.
Lime juice	¾ cup	2 tablespoons	
Lime zest	2 tablespoons	2 teaspoons	
Chili powder	2 tablespoons	2 teaspoons	
Garlic, granulated	2 teaspoons	½ teaspoon	
Oil, canola	¼ cup	1 tablespoon	
Salt, kosher	1 teaspoon	¼ teaspoon	
Black pepper	1 teaspoon	¼ teaspoon	
Queso fresco	1 pound	3 ounces	

Source: adapted from Fresh from the Farm: The Massachusetts Farm to School Cookbook

Chicken Caesar Salad	One portion provides: 2 oz. eq. m/ma, 1 cup vegetable, ½ oz.eq. grain
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Ingredients	50 Servings	10 Servings	Directions
Lettuce, Romaine	10 pounds (3 gallons 2 cups)	2 quarts 2 cups	1. Wash and chop lettuce. 2. Wash and prepare vegetables as needed. 3. Portion into serving bowl in the following order: <ul style="list-style-type: none"> • Romaine lettuce – 1 cup • Red pepper – ¼ cup • Cucumber – ¼ cup • Chicken breast – 1 ½ ounces • Cheese, mozzarella, shredded – ½ ounce • Croutons – 1 ounce 4. Serve with 2 tablespoons salad dressing. CCP: Hold at or below 41° F CCP: Serve chilled at 41° or below for cold service.
Peppers, bell, red, fresh, dice	3 quarts, ½ cup	2 ½ cups	
Cucumber, medium diced	3 quarts, ½ cup	2 ½ cups	
Chicken breast, cooked, sliced or chicken fajita meat	4 pounds 11 ounces	1 pound	
Mozzarella cheese, shredded	1 pound 9 ounces	5 ounces	
Croutons, whole grain	3 pounds	10 ounces	

Caesar Dressing	One portion: 2 tablespoons
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Ingredients	100 Servings	10 Servings	Directions
Mayonnaise, low-fat	10 2/3 cups	1 1/8 cup	1. In a large bowl, whisk together the ingredients until smooth—salad dressing consistency. 2. Chill.
Mustard, yellow	1/3 cup	1 tablespoon	
Garlic, fresh or garlic, powdered	4 teaspoons Or 2 teaspoons	1/3 teaspoon Or ¼ teaspoon	
Worcestershire sauce	4 teaspoons	1/3 teaspoon	
Vinegar, cider or lemon juice	4 teaspoons	1/3 teaspoon	
Milk, low-fat	2/3 cup	1/8 cup	
Hot sauce	1 teaspoon	1/8 teaspoon	
Parmesan cheese, grated	2/3 cup	1/8 cup	
Salt, kosher	2/3 teaspoon	1/8 teaspoon	
Black pepper	2/3 teaspoon	1/8 teaspoon	

Source: Chef Kirk H. Conrad, Chef in Residence, [Let's Cook Healthy School Meals, Project Bread.](#)

Nutrients Per Serving	
Calories	59
Sodium	60g

Oven Baked "Fried" Rice

One portion provides: ½ cup grain

Ingredients	50 Servings	10 Servings	Directions
Rice, brown, long-grain, cooked For 5 cups cooked rice: 1 ½ cup brown rice, 3 cups of water	1 ½ gallons, 1 cup	1 quart, 1 cup (5 cups)	<ol style="list-style-type: none"> 1. Preheat oven to 400° 2. Toss cooked rice, diced bell peppers, sliced green onions, pineapple tidbits with juice and peas and carrots together in a large bowl. Add sesame oil and soy sauce. Mix well to combine. 3. Line a full baking sheet with parchment paper. Lay rice mixture on baking sheet in a thin layer. 4. Bake for 45 minutes. Rotating and mixing every 15-20 minutes to avoid outer edges from burning. 5. Serve hot.
Peppers, bell, red, diced	2 cups	½ cup	
Green onions, sliced thinly on bias	2 cups	½ cup	
Pineapple tidbits in juice	1 quart	¾ cup	
Peas and carrots, frozen	1 quart	¾ cup	
Oil, sesame	1 cup	3 tablespoons	
Soy sauce	1 ½ cups	¼ cup	
Long-grain brown rice: 1 pound dry (2 ½ cups) = about 4 3/8 cups cooked 3 cups dry rice and 6 cups of water = 5 cups cooked rice			

Serving Notes

Serving size	½ cup, No. 8 scoop	Yield, weight	
Pan size	2 steamtable pans for 50	Yield, volume	

Nutrients Per Serving							
Calories	174	Total Fat	.54 g	Vitamin A	518 IU	Iron	.59 mg
Protein	3.56 g	Saturated Fat	.8 g	Vitamin C	.8 mg	Sodium	635 mg
Carbohydrate	27.8	Cholesterol	0	Calcium	18 mg	Dietary Fiber	2.5 g

Source: Samantha Gasbarro, Windham Raymond School Department, Windham, Maine

Barbecued Pulled Pork Sandwich

One portion provides: 2 oz. eq. m/ma, 2 oz. eq grain

Ingredients	50 Servings	20 servings	Directions
Pork shoulder roast, boneless	10 ½ pounds	4 ¼ pounds	1. Season pork roast with salt, pepper and cumin. Roast at 325 °F for 3 to 4 hours or until tender and easily pulls apart. Remove from oven. Pull the pork. Chill and refrigerate.
Salt, kosher	2 teaspoons	1 teaspoon	
Black pepper, ground	2 teaspoons	1 teaspoon	
Cumin, ground	1 tablespoon	1 teaspoon	
Onions, fresh, finely chopped	8 ounces	3 ounces	2. To prepare the barbecue sauce: sauté onions in oil until lightly browned, about 5 minutes. 3. Add catsup, tomato sauce, brown sugar, Worcestershire sauce, mustard, vinegar, and garlic, granulated to the onions. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, for 15 minutes. CCP: Heat to 155°F or higher for at least 15 seconds 4. Add sauce to pulled pork and combine. Heat for service. CCP: Hold for hot service at 135°F or higher. 5. Portion the meat mixture onto bottom half of each roll. Top with other half of roll.
Oil, canola	1 tablespoon	1 teaspoon	
Catsup	2 cups	1 ½ cups	
Tomato sauce, canned	1 quart	20 ounces	
Sugar, brown, packed	¼ cup	2 tablespoons	
Worcestershire sauce	2 teaspoons	1 teaspoon	
Mustard	2 tablespoons	1 ½ teaspoons	
Vinegar, apple cider	1 cup	1/3 cup	
Garlic, granulated	2 teaspoons	1/2 teaspoon	
Whole-wheat hamburger rolls (at least 1.8 ounces each)	50 each	20 each	

Serving Notes: To reheat pork, place in steamer for 20 minutes then add BBQ sauce.

Source: Adapted from Barbecued Pork on Roll, F-08, and Barbecue Sauce, C-06, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005). *USDA recipes for schools*. Original recipe with nutrient analysis.

Grilled Vegetable Panini

One portion provides: 2 oz equivalent meat/meat alternate, 2 servings of grains/breads, ¼

Ingredients	10 Servings	Directions
Zucchini, sliced	1 pound	1. Toss zucchini and red pepper in olive oil, spread in a single layer on a sheet pan, and bake in a 350 °F oven for 10 minutes until lightly browned.
Peppers, red, canned, strips	4 ounces	
Oil, olive	4 tablespoons	
Bread, whole wheat (at least 0.9 ounces each)	20 slices	2. Lightly brush or spray one side of each piece of bread with olive oil.
Cheese, provolone, reduced fat, sliced	20 ounces (1 ounce slices)	3. Place one slice of bread, oil side down, on the sheet pan (18" x 26" x 1"). Place 1 slice of cheese on top of bread.
Pesto	3 tablespoons	4. Spread cheese with pesto and then layer with roasted zucchini and red pepper strips. Top with slice of cheese.
		5. Cover with a second slice of bread, olive oil side out.
		6. Cover with 3 sheet pans to press sandwiches.
		7. Bake until lightly browned: Conventional oven at 400°F for 8-10 minutes OR convection oven at 375°F for 8-10 minutes until golden brown.
		8. Cut each sandwich in half.

Source: Adapted from Toasted Cheese Sandwich, F-07, U.S. Department of Agriculture, Food and Nutrition Service & The Institute of Child Nutrition (2005) *USDA recipes for schools*. [Original recipe with nutrient analysis](#).

Versatile Menu Ideas for Remote Feeding

Sauces:

Spinach Pesto	One portion provides: 2 tablespoons provides 1/8 cup dark green veg
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Ingredients	32 Servings	10 Servings	Directions
Spinach	2 pound (1 gallon)	10 ounces (1 ½ quarts)	<ol style="list-style-type: none"> 1. Fit a food processor with a steel blade. Make pesto in batches by filling the food processor ½ full with spinach. Add a drizzle of oil. Process until smooth, adding a little more oil as needed. 2. Transfer to a large bowl. Repeat with the remaining spinach and oil. When you get to the last batch, add cheese, lemon juice, garlic, salt and pepper. Add to the bowl and stir well to blend flavors.
Oil, olive	1 ½ cups	½ cup	
Parmesan cheese, grated	½ cup	3 tablespoons	
Lemon juice	2 tablespoons	2 teaspoons	
Garlic, fresh, chopped	1 tablespoon	1 teaspoon	
Salt, kosher	1 tablespoon	1 teaspoon	
Black pepper, ground	½ teaspoon	pinch	

Source: Culinary Skills for A+ School Meals

Cheese Sauce	One portion provides: 1 oz. eq. m/ma
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Ingredients	50 servings	10 servings	Directions
Water, cold or milk	5 5/8 cups	1 1/8 cup	<ol style="list-style-type: none"> 1. Combine cold water and sodium citrate. Whisk to dissolve. Bring to a simmer over medium heat. 2. Add cheese to the simmering liquid gradually, blending each addition with an immersion blender or whisk until melted and completely smooth.
Sodium citrate	55 grams or 2 ounces	11 grams (about 2 teaspoons)	
Cheddar cheese, grated	3 pounds 2 ounces	10 ounces	

Source: Chef Matt Poling, Green Evens 6 School Districts, Colorado

“Dip”ables for Grab and Go:

Sunflower Butter Pumpkin Chocolate Chip Dip	$\frac{1}{4}$ cup provides $\frac{1}{2}$ oz meat/meat alternate
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This dip is the perfect centerpiece for a grab-and-go lunch package. Add fresh fruit and graham crackers to complete the meal for breakfast or lunch.

Ingredients	50 servings	Directions
White Beans, drained, rinsed	5 $\frac{1}{4}$ pounds	Add all ingredients to a food processor, except for chocolate chips. Puree until smooth, pausing blender to scrap down the sides. Fold in chocolate chips. Scoop mixture into soufflé cups with a $\frac{1}{4}$ cup measure. Top with a lid and hold in the refrigerator. CCP: Keep cold, below 41°.
Pumpkin Puree	2.5 cups	
Sunflower butter	1.25 cups	
Maple Syrup	10 tablespoons	
Pumpkin Pie Spice	$\frac{1}{2}$ cup	
Salt	1 teaspoon	
Vanilla extract	5 tablespoons	
Chocolate chips, mini	6 $\frac{1}{4}$ pounds	
Apples, sliced	9 pounds 10 ounces	
Graham crackers 4 crackers provide 1 grain serving (4 crackers must weigh at least 28 g or 1 oz)	2 pounds 6 ounces	

Source: Adapted from Sunbutter.com